

**This Health Walk was created for you by:  
The Kansas City Quality Improvement Consortium—KCQIC...**

Our initials have inspired our healthy lifestyles motto “KC Kick it Up a Notch!” Its invitation to active wellness defines the Health Walk Project.

The project is only one part of the multi-year Healthy Lifestyles initiative to promote and support fine health through healthy choices, including: moderate exercise, proper nutrition and freedom from tobacco use.

When you participate in the Health Walk program, you encourage:

**BETTER HEALTH for  
YOURSELF, YOUR LOVED ONES and YOUR COMMUNITY.  
CONGRATULATIONS!**

The KCQIC Health Walk Project is funded by:

The Health Care Foundation of Greater Kansas City  
as part of its Healthy Lifestyles initiative



Use this and other Health Walks to support your active lifestyle and maximize your personal physical fitness. “Kick it Up a Notch!” We can all practice better health and health care, together.

For more Health Walks in the Greater Kansas City, bi-state area, go to [www.kcqic.org](http://www.kcqic.org)



This KC Kick it Up a Notch Health Walk Offers:

No facilities within the Health Walk area.

Bring water, cell phone, a walking companion (if possible) and sunscreen (even when cloudy).

Think safety!

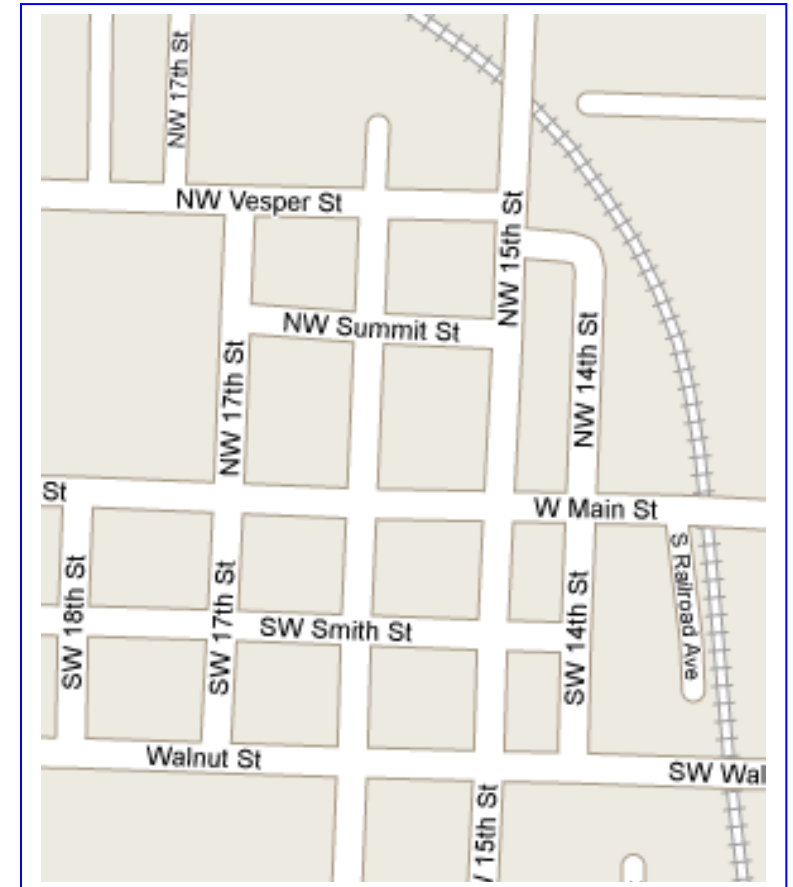
**POINTS OF INTEREST:**

1. Blue Springs City Hall
2. First Baptist Church
3. Dillingham-Lewis Museum
4. Chicago & Alton Hotel
5. City Church
6. Blue Springs Murals
7. Blue Springs Lodge
8. Chamber of Commerce

# Old Blue Springs

## Blue Springs, Missouri

Length Health Walk 1.2 miles  
Estimated complete: 30 minutes  
Walk difficulty:...Level 2  
(Walking Difficulty Range: “1” = smooth, simple to “5” = hilly, irregular, poor/no sidewalks, complex, etc.)



GETTING TO THE  
**Old Blue Springs**  
Health Walk

**WALK START:** Start your Health Walk in front of the Blue Springs City Hall (903 Main St.)

**BY BUS:**

NB Grand and 10<sup>th</sup> St take the 170/Blue Springs Express. Exit 12<sup>th</sup> and Smith. Go N on 12<sup>th</sup> to Main. Go West on Main to 903.

**BY CAR:** From I-70 East, proceed to the Hwy 7 exit, turning right on Hwy 7. Drive 3 traffic signals to Main St. and turn right, drive to 903 Main St. and park.

**Your Old Blue Springs Health Walk**

Prefer SHORT DIRECTIONS? Follow the **BOLD TYPE** and UNDERLINING

Blue Springs' history is tied to the migration of settlers on their westward journey. Pioneers found the area to be an ideal stopover due to the abundance of cool, clean water from a spring flowing from the side of hills into a branch of the Little Blue River - hence the name Blue Springs. The first permanent settlers made their home near this water supply. The presence of water and a need for pioneer supplies led to the construction of a grist mill and permanent settlement at the site of the City's Burrus Old Mill Park, on Woods Chapel Road.

The community of Blue Springs was organized as part of Jackson County in 1827 and became the fourth settlement in the county, predating Kansas City, Missouri. An early settler, Franklin Smith, arrived in Blue Springs from Virginia in 1838 and became a leading figure in the community's development. He established the first post office in 1845, naming it after the well-known springs.

The settlement continued to grow near the springs until 1878, when the Chicago and Alton Railroad announced plans to build a station about one mile east of the original settlement. To take advantage of the commerce the railroad would bring, the town moved its center to the site of the new station and continued its development as a rural trading center.

Start your Health Walk from the front of the Blue Springs City Hall. Note the artwork located in front of the building. **Facing the street, turn right on Main St. and walk to NW 14<sup>th</sup> St.** Note the Blue Springs water tower on your left. **After crossing over the railroad tracks, turn right on NW 14<sup>th</sup> S. and proceed to past the First Baptist Church, which will be on your left. Turn left onto the driveway beyond the church,** taking note of the Community Prayer Garden setting for the church on your right before you reach NW 15<sup>th</sup> St. **Turn left on NW 15<sup>th</sup> and walk back to Main St.** Note the Dillingham-Lewis Museum on the corner. Turn left on Main and walk one block to NW 16<sup>th</sup>. Note the Chicago & Alton Hotel, located to the right of the Museum. The Dillingham-Lewis Museum was built in 1906 and is the only structure in Blue Springs constructed of native limestone. The house is named after two families. The original owners were the Morgan Vachel-Dillingham family. Mr. Dillingham operated a general store in Blue Springs in the 1880s and was later Vice-President of a local bank. The house was later purchased by Miss Narra Lewis, a world traveler who had seen every President, from Lincoln to Roosevelt. Miss Narra, famous for her parties and for a hatchet-swinging raid on the local saloon, lived here until her death in 1948. The home was purchased by the Blue Springs Historical Society in 1977. It serves as the Society's headquarters and is furnished with period pieces.

The Chicago & Alton Hotel was built in 1878 by J.K. Parr, it is the oldest business building in Blue Springs. In 1978, the Hotel, which originally served the railroad, was moved from its original site just south of Main by the tracks to its present location just west of the Dillingham-Lewis Museum on Main Street. Restoration work is presently underway by volunteers.

**Turn left on NW 16<sup>th</sup> St. and proceed two blocks to Walnut.** Note the City Church on your right. **Turn left on Walnut and then left on NW 15<sup>th</sup> St. Proceed back to Main St. and turn right.** There are two murals on the side of buildings, one at 1204 Main on your right as you return to your Walk Start, and one at 1005 Main. You will also be passing the Blue Springs Lodge on your right, which is housed in the old Christian Church. You will also be passing the Blue Springs Chamber of Commerce on your right at 1000 Main.